

## THINK FOOD

### School Nutrition Programs

### January 2010

#### AVAILABLE USDA FOODS

There are still USDA Foods available for the schools with remaining entitlement dollars. The updated food list, along with an updated entitlement list, can be found on the OPI School Nutrition Web page. The address is [www.opi.mt.gov/schoolfood/foodDistNEW.html](http://www.opi.mt.gov/schoolfood/foodDistNEW.html).

#### HEALTH IN A NUTSHELL

Walnuts that is. The USDA Walnuts have arrived and some were shipped on Shipment 6. The walnuts are a USDA bonus food and are a healthy menu choice.



The fat in walnuts is 72.4 percent heart-healthy polyunsaturated fat, shown to reduce the levels of LDL or "bad" cholesterol.

Walnuts are high in omega-3 which protects the heart, defends against some cancers, and helps to ease symptoms of inflammatory diseases like arthritis.

Walnuts add quick gourmet appeal and wonderful taste and texture

to a wide range of dishes, from snacks and appetizers to salads and entrees. Their convenience and versatility makes it easy to add a handful of walnuts to one's diet every day.

For recipes using walnuts visit <http://walnutinfo.com/recipes.aspx?type=recipes>.

Send your request for USDA walnuts to OPI Food Distribution at [juwilson@mt.gov](mailto:juwilson@mt.gov).

#### TOP SUPERMARKET FOODS

Ever wonder what items top the list for sales at your local supermarket? According to *Foodlinks America* a newsletter published by California Emergency Foodlink in Sacramento, California, carbonated beverages top the sales list with consumers spending \$12 billion on them last year.

Milk comes in second at \$11.2 billion although sales have been declining in recent years.

Coming in third was fresh bread and rolls at \$9.57 billion.

**USDA FOODS ORDERS ARE IN**  
The OPI Food Distribution has received everyone's USDA Foods order for the 2010-11 school year.

Schools spent \$2,831,614.51 of the \$3,076,809.00 that was allocated.



As soon as the orders are tabulated schools will be notified of possible changes for shortages or items that will not be ordered. Everyone will have an opportunity to make final changes to their orders.

Watch for the 2010-11 order update information in the Think Food as well as on Lunchline and by e-mails sent to your school.

#### **TANGY CHERRY SALAD**

2 #10 cans sliced peaches, drained  
1 #10 can pears, drained  
3 lbs. (2 quarts plus 2 cups) apples, fresh, unpeeled, cored and chopped  
2 1/4 lbs. (7 cups) dried tart cherries  
1 lb. 4 oz. (2 1/2 cups) frozen lemonade concentrate, thawed, undiluted

Combine peaches, pears, apples and dried cherries in a large bowl.

Drizzle lemonade concentrate over the top. Toss gently to combine.

Refrigerate covered, for at least 2 hours before serving. Fruit salad will keep in refrigerator up to 2 days.

This recipe makes 100 4 oz. servings.

*Calories: 107, Percent of Calories from Fat 1, Protein 1gm, Carbohydrates 29gm, Fat 0gm, Sodium 22mg, Saturated Fat 0gm, Cholesterol 0mg, Vitamin A 11RE, Vitamin C 3mg, Iron 0mg,*

This recipe was shared by Sharon Peterson, Hardin Foodservice Director.

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School Nutrition Programs wishes everyone a safe and happy holiday!!

Christine Emerson  
Alie Wolf  
Brenda Peppers  
Teresa Motlas  
Sofia Janik  
Kennie Johnson  
Judy Wilson

